

Ê h

2025 5? n5fS IÊ† 7? G Z Ê D 5 ? n Ê † f

b P P d U W, a Y 5 N f h Y a Y K \ g ? Z Y Y h A

x WNP WZe? x R F f D b Ê Q x K c \ g ? Z Y Y A (CVD) P ? x 2022 b \ Ê D X N Y B  
5 W Y ? d Ê D 941 65 N • 816 4 R @

x ^ z 2022 b \ Ê D X N Y B 5 W Y ? d Ê D Z P d U W a 5 N f I R z ^ x S † Y R ? ^ Y  
5 N A † Y ^ c a B Ê 6 9 M ^ † U Y A R z \_ M \ z c 6 W N P N Z I R B Ê D Ê Q N • 816 @

x 2017 5 N 2020 P b D ? x 127.9 b W Z c R U S P U a Z (48.6%) R b ^ R d ^ Y S b Ê D CVD  
^ @ 2020 5 N 2021 P b \ D Y a d Ê V D P b Ê 5 N 5 b Ê Q Y \$ 117.9 b W Z S R ^ R  
(\$233.3 b W Z S R b Ê Q Y D \$ 184.6 b W Z S R 5 b ^ Ê Q f W N P Y @

x

F P N Ê \_ x R R \_ c N F a P z ^ P ^ N a n f † a S † ? m f X N Y a R a Z † U † b R O N ? Y S x b f Y S I h ? c S f ? b z 64  
\_ \ a b Z 5 N f a Q a M ? z 8 † Y S 5 † ? 5 Ê S R O O

©2025 American Heart Association, Inc a S b Q ? Y x @ R 5 M 5 b Q ? a Y N N Y b F \_ N @







2025 5Pnf5SKf└ 7Ê GZ? ħÊ 5Pnf

x 2021 ħÊ 6 \_a^tDcFhW?ay? ħ©\ SÊY' Nf^WN/Sb\_Z•WNPY Pf?ayR @A;  
Fd R Pf^z•Z8 20 S†ÊFhWPf?ay?•ħÊf 38 ħmW w^R@

### ħm6 PaVa/ WhđSa

x ^KdŕYaf 5WŕabħÊ 2017 Nf 2020Ê UaZA•ħÊ WhđfPc9Wŕ^VAKIFIN  
ħ6 S?NaSd@•ħÊ41.8%5 Nf>YN•ħÊ41.8%^@@

x ^KdŕYaf 5WŕabħÊ2017 Nf 2020Ê UaZA•ħÊ AŕcY WhđfPc9Wŕ^VAKIFIN  
ħ6 S?NaSd@•ħÊ6.6%5 Nf>YN•ħÊ11.7%^@@

x ^KdŕYaf 5WŕabħÊ2017 Nf 2020Ê2 Nf 19aZ Pc9Wŕ PfUħ6 4 Nf@ch•ħÊ  
WhđfPch 6 S?Na19.7%^@@

x Pd@ VYħÊ ŽD UaKcW^ 7Kg?Pf?ayR2021 ħÊ3.71 ħWZċRWN\_ħ6,4FħP  
2010 PcNd ZabħÊ42.8%PaUPZa ^@@

x ħUWarcPfAZħJZ Uh2021 RaWPf5ħ<R Pf6 Qa' Nf ŽD UaKcW^ 7Kg?Pf?ayR 9Wŕ  
S†am? WNPcPY ŽD 6 WPR\ aZf; ©6 S†NħÊ^VN/BÊ 5 NfPħm9S^\_aR  
5oYc?aŽNYc5oYc?a5 NfMħSeY 5 Nf=©5 Rċ ħÊ^VNfħm6 Pa^@@

### ?ħŕI ‡ ħZ

x 2017 Nf 2020Ê Pf5Pħm6 4Pc\ YN?YPf\_h 86.4 ħWZċR F•34.7% USPfUaZA•ħÊ  
?ħ ?ħŕI ‡ 200 mg/dLF•9^ Nfħm6 Pa^@@

x 2017 Nf 2020Ê Pf5Pħm6 4Pc\ YN?YPf\_h ;ZAVA24.7 ħWZċR F•10.0% USPf  
UaZA•ħÊ ?ħ ?ħŕI ‡ 240 mg/dLF•9^ Nfħm6 Pa^@@

x 2017 Nf 2020Ê PfKf ħPc\09/76PTJħ163.1 ħWZċR F•39.25% USPfUaZA•ħÊ BÊ  
BMNa aZfZ Sh-SRW582Z† (130 mg/dLF•9^ Nfħ PaŽD^NY^@@

x 2017 Nf 2020Ê PfKf ħPc

FPNÊ\_hŕI R\_€?dNaF•Pa7^ P^Na fŕP^ay5Pnf^KdŕYaf RaZ^tħQN\_R@YSa?Y?ŕb/ShIY?dŕf5Pħm6 48  
\_ \aZ6 4 Nf aQFaM?aycZ8 ^Seŕ5Pnf5SKf Pf @

©2025 American Heart Association, Incayf5ħ?ay Ya@\_Rċ M5ħ?ayN\YN\ YIFN\_@

2025 5Pnf5SKf└ 7Ê GZ? hÊ 5Pnf

R€

x NHANES 201N2020 NÊ Pf5Pbn6 4/5N

)Tj 1

FP NÊ\_h RI R\_€?dNaF•Pa7^ P^Na f nP^aY5Pnf^Xdn 85 RZ ^t NtE?Sa?r. bYShn Rdn5Pnf0-2

\_ \ dZ6 4Nl aQFaP aCZ8 ^SeR5Pnf5SKf Pf ©

©2025 American Heart Association, Inc aY5 b? aY a@ \_ R@ M5 b? aY \ YN\ YlFN \_@

F58Tj

2025 5Pnf5SKf└ 7Ê GZ? 0Ê 5Pnf

FPNÊ\_hRI R\_€?dNaF•Pa7^ P^Na f nP^aY5Pnf^XdYaf RZ ^tQN\_R@YSa?Y?fbYShIY?dN5Pn6 48  
\_ \ dZ6 4N